

Agency Health Promotion Working Group ViTS/Webinar

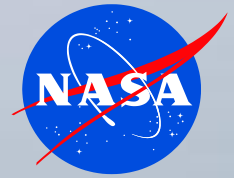
Sponsored by
Office of Chief Health and Medical Officer
NASA
September 6, 2011

Agenda

- Announcements
- Healthy People 2020
 - Carter Blakey, Office of Disease Prevention and Health Promotion, DHHS

This session is being recorded

Walking Challenge



Walk to Wellness

Receive a Free Online Gift!

When you reach your Walk to Wellness Challenge goal, you may select from several online booklets at the Mayo Clinic website.

Walk to Wellness (WTW): A 28-Day Walking Campaign Across NASA

Participants must **register** at the www.nasahealthieryou.com
Unique Identifier for registration is **healthiernasa**

Participants must **enroll** in WTW between Sept 1st - Sept 19th

Choose a goal level for walking alone or as part of a team.

28-Day walking campaign runs: Sept 20th – Oct 17th
Log all minutes or steps, must meet your goal by Oct 17th

Post campaign grace period: Oct 18th – Nov 1st
Grace period is use to catch up with data entry only, goal must be met by Oct 17th



To participate: log into the [Mayo Clinic website](#)
Click on any Walk to Wellness text or logo.

You must be registered at the Mayo website.
Registration Unique ID: **healthiernasa**

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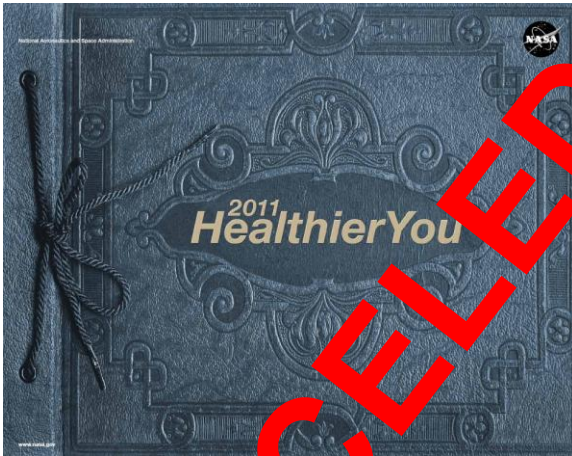
[Home](#) | [My Health](#) | [Community](#) | [Health Information](#) | [My Rewards](#) | [NASA HealthierYou](#)

WellCheck

- OPM's annual assessment of worksite wellness activities across the Federal Agencies
- Center participants remain the same: ARC, GSFC, JSC, KSC, and LRC
- Availability of website for data entry is still pending



Publication Changes



Work and Family Life

- Electronic newsletter
- Voluntary subscription

Influenza Vaccine Campaign

- Vaccine formulation same as 2010-11
- Web-based reporting
- Weekly updates
- POC: Helen Shoemaker
- www.cdc.gov/flu
- <http://flu.gov>



Healthy People 2020

Carter Blakey

Acting Director

Office of Disease Prevention and Health Promotion

Department of Health and Human Services

Upcoming ViTS/Webinars

December 6, 2011

March 6, 2012

June 5, 2012

September 4, 2012

December 4, 2012

**All ViTS begin at
1:30 pm Eastern**

